

SWIMMING TABLES

Swimming composition training

Full-scale training technique encompassing 1000 swimming strokes/ drills, with advanced training techniques as switch-in, flip, and multi-level composite switch-between.

by Lepota Luba Cosmo

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Introduction of author

Full-scale training technique encompassing 1000 swimming strokes/drills, with advanced training techniques as switch-in, flip, and multi-level composite switch-between.

Composite is the further work-out of US combat swimming stroke applied to professional swimming training, where the professional trainee goes through Composite, Composite I, Composite II, Flip and Advanced 0-2, 1-2, and easy swim Half Composite, Easy ½, Turn with ½ or 1 switch, 1½ Composite with the elements as switch-in, switch-between, flip, ½ turn, within the swimming composition training.

The book is recommended in the advanced stages of training in the systematic development of swimming power, in constant coaching practice and synchronized swimming.

Side In, sidestroke with switch-in, change of the stroke within basic, sidestroke, change or switch between two sidestrokes, Composite, change or switch between two basic strokes, composite is just switch-between, for instance Side to Breast Composite, Over arm 1 Arm Lead Flutter kick to Front crawl flutter/scissor is switch-between with one switch-in, change between b sidestroke and switch-in breaststroke, change between two basic strokes, Composite I is switch-between one switch-in, Composite II, is switch-between two switch-ins, switch between two different basic switch-in strokes, Over arm 1 Arm Lead Flutter kick to 2 Arms Lead Dolphin, switch-between implies switch with flip drill, 1 arm to 2 arms lead, so it is composite flip, or switch-between flip, Over arm 1 Arm Lead Scissor kick to Front crawl flutter/scissor, is change with flip advanced or composite as switch-between where we have flip advancing from scissor to flutter/scissor kick, which is legs flip from basic to switch-between kick, or improved flip kick, In-II, Front crawl flutter/scissor Dolphin/Dolphin flutter, switch-in between two switch-ins, change of two switch-ins within one basic stroke, In-I switch of non-switch-in and switch-in within one basic stroke, switch-between 2 switch-ins, switch-in 2 switch-ins, Floating Flutter/Scissor to 2 Arm Lead Frog/Scissor 2 Arms Lead Dolphin/Flutter, two switch-ins, Comp II switch-between 2 switch-between, Composite III, switch-between 3 switch-ins, and In could be flip, advanced flip, ½ stroke is float stroke in combination with different legs drill, Composite IV, switch-between 4 switch-ins, change of 2 switch-ins within two basic strokes, In-IV, switch-in between 4 switch-in, change between 4 switch-ins within one basic stroke, Half Composite, switch-between two half strokes, ½ Composite V, Easy ½ stroke, switch-in between colchian element and float, easy switch-in drill is combination of ½ stroke and float, switch-in of ½ stroke come as flip, if switch between non-switch-in and switch-ins (or switch-in and switch-ins) then as advanced flip, 2 Arms Lead Flutter to 2 Arms Lead Flutter/Frog is advanced flip, or 2 Arms Lead Flutter to 2 Arms Lead Flutter/Frog/Dolphin, 0-2 advanced flip, 2 Arms Lead Flutter/Frog to 2 Arms Lead Flutter/Frog/Dolphin, 1-2 advanced flip, 2 Composite, switch-between switch-betweens, implying switch of four basic strokes, 1½ Composite, switch of three basic strokes, switch-in of drill, and switch-in of element, switch of drill is switch-in, whereas switch of an element is ½ switch-in, flip, switch of arm or leg work out, ½ stroke is a switch-in float, colchian element, turn is ½ or 1 switch between basic stroke drills, side do back, side to breast, easy is best used in periods between active swim phases or in synchronized swimming, half drill with a float.

Tables abbr.

2 Arm Flutter, should be read 2 arms backstroke with flutter kick, 1arm alt, crawl arms, floating, floating arms work out, 2 Arms breaststroke, 2 arms dolphin,

2 Over Arms to Glide, 2 over arms up to head then glide up to the tight, 2 Arms Float to Under, 2 arms float up to the head then to immersed rowing, Head up-to float,

by lifting the head above the surface, then immersing under or more pricesly, lowering to the surface.

Compositions

Backstroke	Flutter kick	Frog kick	Scissor kick	Dolphie kick	Flutter/Scissor	Flutter/Dophine	Noshi
Arm Kick							
2 Arms	2 Arms Flutter	2 Arms Frog		2 Arms Dolphin		2 Arms Flutter/Dophine	
1 Arm alt	1 Arm alt Flutter	1 Arm alt Frog	1 Arm alt Scissor	1 Arm alt Dolphin	1 Arm alt Flutter/Scissor	1 Arm alt Flutter/Dolpine	
2 Over Arms to Glide	2 Over Arms Glide Flutter	2 Over Arms Glide Frog	2 Over Arms Glide Scissor	2 Over Arms Glide Dolphin	2 Over Arms Glide Flutter/Scissor	2 Over Arms Glide Flutter/Dolphin	2 Over Arms Glide Noshi
2 Arms Float to Under	2 Arms Float to Under Flutter	2 Arms Float to Under Frog	2 Arms Float to Under Scissor	2 Arms Float to Under Dolphin	2 Arms Float to Under Flutter/Scissor	2 Arms Float to Under Flutter/Dolphin	2 Arms Float to Under Noshi
1 Arm Lead	1 Arm Lead Flutter	1 Arm Lead Frog	1 Arm Lead Scissor	1 Arm Lead Dolphin	1 Arm Lead Flutter/Scissor	1 Arm Lead Flutter/Dolphin	1 Arm Lead Noshi
2 Arm Lead	2 Arm Lead Flutter	2 Arm Lead Frog	2 ArmsLead Scissor	2 ArmsLead Dolphin	2 ArmsLead Flutter/Scissor		2 Arms Lead Noshi
Colchian	Colchian Flutter	Colchian Frog	Colchian Scissor	Colchian Dolphin	Colchian Flutter/Scissor	Colchian Flutter/Dolphin	Colchian Noshi
2 Over Arms to semi-deep row	2 Over Arms to semi-deep row Flutter	2 Over Arms to semi-deep row Frog	2 Over Arms to semi-deep row Scissor	2 Over Arms to semi-deep row Dolphin	2 Over Arms to semi-deep row Flutter/Scissor	2 Over Arms to semi-deep row to Flutter/Dolphin	2 Over Arms to semi-deep row Noshi
Floating	Float Flutter	Floating Frog	Floating Scissor		Floating Flutter/Scissor		Floating Noshi

Breaststroke	Flutter kick	Frog kick	Scissor kick	Dolphin kick	Flutter/Scissor	Flutter/Dophine	Noshi
Arm Kick							
2 Arms	2 Over Arms Flutter	2 Over Arms Frog		2 Over Arms Dolphin		2 Over Arms Flutter/Dophine	
1 Arm alt	1 Arm alt Flutter	1 Arm alt Frog Truden	1 Arm alt Scissor	1 Arm alt Dolphin	1 Arm alt Flutter/Scissor	1 Arm alt Flutter/Dolpine	
2 Over Arms to Glide	2 Over Arms Glide Flutter	2 Over Arms Glide Frog	2 Over Arms Glide Scissor	2 Over Arms Glide Dolphin	2 Over Arms Glide Flutter/Scissor	2 Over Arms Glide Flutter/Dolphin	2 Over Arms Glide Noshi
2 Arms Float to Under	2 Arms Float to Under Flutter	2 Arms Float to Under Frog	2 Arms Float to Under Scissor	2 Arms Float to Under Dolphin	2 Arms Float to Under Flutter/Scissor	2 Arms Float to Under Flutter/Dolphin	2 Arms Float to Under Noshi
1 Arm Lead	1 Arm Lead Flutter	1 Arm Lead Frog	1 Arm Lead Scissor	1 Arm Lead Dolphin	1 Arm Lead Flutter/Scissor	1 Arm Lead Flutter/Dolphin	1 Arm Lead Noshi
2 Arm Lead	2 Arm Lead Flutter	2 Arm Lead Frog	2 ArmsLead Scissor	2 ArmsLead Dolphin	2 ArmsLead Flutter/Scissor		2 Arms Lead Noshi
Colchian	Colchian Flutter	Colchian Frog	Colchian Scissor	Colchian Dolphin	Colchian Flutter/Scissor	Colchian Flutter/Dolphin	Colchian Noshi
2 Over Arms to semi-deep row	2 Over Arms to semi-deep row Flutter	2 Over Arms to semi-deep row Frog	2 Over Arms to semi-deep row Scissor	2 Over Arms to semi-deep row Dolphin	2 Over Arms to semi-deep row Flutter/Scissor	2 Over Arms to semi-deep row to Flutter/Dolphin	2 Over Arms to semi-deep row Noshi
Front Crawl	Front Crawl Flutter	Front Crawl Frog	Front Crawl Scissor		Front Crawl Flutter/Scissor		Front Crawl Noshi
Floating	Float Flutter	Floating Frog	Floating Scissor		Floating Flutter/Scissor	Floating Flutter/Dolphin	Floating Noshi
Head up-to float	Head up-to float Flutter	Head up-to float Frog	Head up-to float Scissor		Head up-to float Flutter/Scissor	Head up-to float Flutter/Dolphin	Head up-to float Noshi

Sidestroke	Flutter kick	Frog kick	Scissor kick	Dolphin kick	Flutter/Scissor	Flutter/Dophin	Noshi
Arm Kick							
On the side over arm 1 Arm Lead	On the side over arm 1 Arm Lead Flutter	On the side over arm 1 Arm Lead Frog	On the side over arm 1 Arm Lead Scissor	On the side over arm 1 Arm Lead Dolphin	On the side over arm 1 Arm Lead Flutter/Scissor	On the side over arm 1 Arm Lead Flutter/Dolphin	On the side over arm 1 Arm Lead Noshi
Over arm 1 Arm Lead Both Arms down	Over arm 1 Arm Lead Both Arms down Flutter	Over arm 1 Arm Lead Both Arms down Frog	Over arm 1 Arm Lead Both Arms down Scissor		Over arm 1 Arm Lead Both Arms down Flutter/Scissor		Over arm 1 Arm Lead Both Arms down Noshi
2 Arms Float to 1 Arm Under	2 Arms Float to 1 Arm Under Flutter	2 Arms Float to 1 Arm Under Frog	2 Arms Float to 1 Arm Under Scissor	2 Arms Float to 1 Arm Under Dolphin	2 Arms Float to 1 Arm Under Flutter/Scissor	2 Arms Float to1 Arm Under Flutter/Dolphin	2 Arms Float to 1 Arm Under Noshi
1 Arm Lead	1 Arm Lead Flutter	1 Arm Lead Frog	1 Arm Lead Scissor	1 Arm Lead Dolphin	1 Arm Lead Flutter/Scissor	1 Arm Lead Flutter/Dolphin	1 Arm Lead Noshi

Side to breast Composite Breast	Side	Over arm 1 Arm Lead Flutter kick	Over arm 1 Arm Lead Frog kick	Over arm 1 Arm Lead Scissor kick	Over arm 1 Arm Lead Dolphin	Over arm 1 Arm Lead Flutter/Scissor
Front crawl flutter		Over arm 1 Arm Lead Flutter kick Front crawl flutter	Over arm 1 Arm Lead Frog kick Front crawl flutter	Over arm 1 Arm Lead Scissor kick Front crawl flutter	Over arm 1 Arm Lead Dolphin Front crawl flutter	Over arm 1 Arm Lead Flutter/Scissor Front crawl flutter
Front crawl frog		Over arm 1 Arm Lead Flutter kick Front crawl frog	Over arm 1 Arm Lead Frog kick Front crawl frog	Over arm 1 Arm Lead Scissor kick Front crawl frog	Over arm 1 Arm Lead Dolphin Front crawl frog	Over arm 1 Arm Lead Flutter/Scissor Front crawl frog
Front crawl scissor		Over arm 1 Arm Lead Flutter kick Front crawl scissor	Over arm 1 Arm Lead Frog kick Front crawl scissor	Over arm 1 Arm Lead Scissor kick Front crawl scissor	Over arm 1 Arm Lead Dolphin Front crawl scissor	Over arm 1 Arm Lead Flutter/Scissor Front crawl scissor
Front crawl flutter/scissor		Over arm 1 Arm Lead Flutter kick Front crawl flutter/scissor	Over arm 1 Arm Lead Frog kick Front crawl flutter/scissor	Over arm 1 Arm Lead Scissor kick Front crawl flutter/scissor	Over arm 1 Arm Lead Dolphin Front crawl flutter/scissor	Over arm 1 Arm Lead Flutter/Scissor Front crawl flutter/scissor
2 Arms Lead Dolphin		Over arm 1 Arm Lead Flutter kick 2 Arms Lead Dolphin	Over arm 1 Arm Lead Frog kick 2 Arms Lead Dolphin	Over arm 1 Arm Lead Scissor kick 2 Arms Lead Dolphin	Over arm 1 Arm Lead Dolphin 2 Arms Lead Dolphin	Over arm 1 Arm Lead Flutter/Scissor Over arm 2 Arms Lead Dolphin
Dolphin		Over arm 1 Arm Lead Flutter kick Dolphin	Over arm 1 Arm Lead Frog kick Dolphin	Over arm 1 Arm Lead Scissor kick Dolphin		Over arm 1 Arm Lead Flutter/Scissor Dolphin
2 Arms Lead Flutter		Over arm 1 Arm Lead Flutter kick 2 Arms Lead Flutter	Over arm 1 Arm Lead Frog kick 2 Arms Lead Flutter	Over arm 1 Arm Lead Scissor kick 2 Arms Lead Flutter	Over arm 1 Arm Lead Dolphin 2 Arms Lead Flutter	Over arm 1 Arm Lead Flutter/Scissor 2 Arms Lead Flutter
1 Arm Lead Frog		Over arm 1 Arm Lead Flutter kick 1 Arm Lead Frog	Over arm 1 Arm Lead Frog kick 1 Arm Lead Frog	Over arm 1 Arm Lead Scissor kick 1 Arm Lead Frog	Over arm 1 Arm Lead Dolphin 1 Arm Lead Frog	Over arm 1 Arm Lead Flutter/Scissor 1 Arm Lead Frog
1 Arm Lead Flutter			Over arm 1 Arm Lead Frog kick 1 Arm Lead Flutter	Over arm 1 Arm Lead Scissor kick 1 Arm Lead Flutter	Over arm 1 Arm Lead Dolphin 1 Arm Lead Flutter	Over arm 1 Arm Lead Flutter/Scissor 1 Arm Lead Flutter

In Front	Front crawl flutter	Front crawl frog	Front crawl scissor	2 Arms Lead Dolphin	Dolphin	2 Arms Lead Flutter	1 Arm Lead Frog	1 Arm Lead Flutter
Front crawl flutter		Front crawl flutter/frog	Front crawl flutter/scissor	2 Arms Lead Dolphin Front crawl flutter	Dolphin Front crawl flutter	2 Arms Lead Flutter Front crawl flutter	1 Arm Lead Frog Front crawl flutter	Front crawl flutter 1 Arm Lead Flutter
Front crawl frog	Front crawl flutter/frog		Front crawl frog/scissor	2 Arms Lead Dolphin Front crawl frog	Dolphin Front crawl frog	2 Arms Lead Flutter Front crawl frog	1 Arm Lead Frog Front crawl frog	Front crawl frog 1 Arm Lead Flutter
Front crawl scissor	Front crawl flutter/scissor	Front crawl frog/scissor		2 Arms Lead Dolphin Front crawl scissor	Dolphin Front crawl scissor	2 Arms Lead Flutter Front crawl scissor	1 Arm Lead Frog Front crawl scissor	Front crawl scissor 1 Arm Lead Flutter
2 Arms Lead Dolphin	Front crawl flutter 2 Arms Lead Dolphin	Front crawl frog 2 Arms Lead Dolphin	Front crawl scissor 2 Arms Lead Dolphin		Dolphin 2 Arms Lead Dolphin	2 Arms Lead Flutter/Dolphin	1 Arm Lead Frog 2 Arms Lead Dolphin	2 Arms Lead Dolphin 1 Arm Lead Flutter
Dolphin	Front crawl flutter Dolphin	Front crawl frog Dolphin	Front crawl scissor Dolphin	2 Arms Lead Dolphin Dolphin		2 Arms Lead Flutter Dolphin	1 Arm Lead Frog Dolphin	Dolphin 1 Arm Lead Flutter
2 Arms Lead Flutter	Front crawl flutter 2 Arms Lead Flutter	Front crawl frog 2 Arms Lead Flutter	Front crawl scissor 2 Arms Lead Flutter	2 Arms Lead Dolphin/Flutter	Dolphin 2 Arms Lead Flutter		1 Arm Lead Frog 2 Arms Lead Flutter	2 Arms Lead Flutter 1 Arm Lead Flutter
1 Arm Lead Frog	Front crawl flutter 1 Arm Lead Frog	Front crawl frog 1 Arm Lead Frog	Front crawl scissor 1 Arm Lead Frog	2 Arms Lead Dolphin 1 Arm Lead Frog	Dolphin 1 Arm Lead Frog	2 Arms Lead Flutter 1 Arm Lead Frog		1 Arm Lead Frog/Flutter
1 Arm Lead Flutter	Front crawl flutter 1 Arm Lead Flutter	Front crawl frog 1 Arm Lead Flutter	Front crawl scissor 1 Arm Lead Flutter	2 Arms Lead Dolphin 1 Arm Lead Flutter	Dolphin 1 Arm Lead Flutter	2 Arms Lead Flutter 1 Arm Lead Flutter	1 Arm Lead Frog/Flutter	

Side to breast Composite I Breast	Side					
		Over arm 1 Arm Lead Flutter kick	Over arm 1 Arm Lead Frog kick	Over arm 1 Arm Lead Scissor kick	Over arm 1 Arm Lead Dolphin	Over arm 1 Arm Lead Flutter/Scissor
Front crawl flutter/scissor		Over arm 1 Arm Lead Flutter kick Front crawl flutter/scissor	Over arm 1 Arm Lead Frog kick Front crawl flutter/scissor	Over arm 1 Arm Lead Scissor kick Front crawl flutter/scissor	Over arm 1 Arm Lead Dolphin Front crawl flutter/scissor	Over arm 1 Arm Lead Flutter/Scissor Front crawl flutter/scissor
Front crawl scissor/frog		Over arm 1 Arm Lead Flutter kick Front crawl scissor/frog	Over arm 1 Arm Lead Frog kick Front crawl scissor/frog	Over arm 1 Arm Lead Scissor kick Front crawl scissor/frog	Over arm 1 Arm Lead Dolphin Front crawl scissor/frog	Over arm 1 Arm Lead Flutter/Scissor Front crawl scissor/frog
Dolphin/Dolphin flutter		Over arm 1 Arm Lead Flutter kick Dolphin/Dolphin flutter	Over arm 1 Arm Lead Frog kick Dolphin/Dolphin flutter	Over arm 1 Arm Lead Scissor kick Dolphin/Dolphin flutter	Over arm 1 Arm Lead Dolphin Dolphin/Dolphin flutter	Over arm 1 Arm Lead Flutter/Scissor Dolphin/Dolphin flutter
2 Arms Lead dolphin/flutter		Over arm 1 Arm Lead Flutter kick 2 Arms Lead dolphin/flutter	Over arm 1 Arm Lead Frog kick 2 Arms Lead dolphin/flutter	Over arm 1 Arm Lead Scissor kick 2 Arms Lead dolphin/flutter	Over arm 1 Arm Lead Dolphin 2 Arms Lead dolphin/flutter	Over arm 1 Arm Lead Flutter/Scissor 2 Arms Lead dolphin/flutter
2 Arms Lead flutter/scissor		Over arm 1 Arm Lead Flutter kick 2 Arms Lead flutter/scissor	Over arm 1 Arm Lead Frog kick 2 Arms Lead flutter/scissor	Over arm 1 Arm Lead Scissor kick 2 Arms Lead flutter/scissor	Over arm 1 Arm Lead Dolphin 2 Arms Lead flutter/scissor	Over arm 1 Arm Lead Flutter/Scissor 2 Arms Lead flutter/scissor
1 Arm Lead flutter/scissor		Over arm 1 Arm Lead Flutter kick 1 Arm Lead flutter/scissor	Over arm 1 Arm Lead Frog kick 1 Arm Lead flutter/scissor	Over arm 1 Arm Lead Scissor kick 1 Arm Lead flutter/scissor	Over arm 1 Arm Lead Dolphin 1 Arm Lead flutter/scissor	Over arm 1 Arm Lead Flutter/Scissor 1 Arm Lead flutter/scissor
1 Arm Lead scissor/frog		Over arm 1 Arm Lead Flutter kick 1 Arm Lead scissor/frog	Over arm 1 Arm Lead Frog kick 1 Arm Lead scissor/frog	Over arm 1 Arm Lead Scissor kick 1 Arm Lead scissor/frog	Over arm 1 Arm Lead Dolphin 1 Arm Lead scissor/frog	Over arm 1 Arm Lead Flutter/Scissor 1 Arm Lead scissor/frog
2 Arms Lead Dolphin/frog		Over arm 1 Arm Lead Flutter kick 2 Arms Lead Dolphin/frog	Over arm 1 Arm Lead Frog kick 2 Arms Lead Dolphin/frog	Over arm 1 Arm Lead Scissor kick 2 Arms Lead Dolphin/frog	Over arm 1 Arm Lead Dolphin 2 Arms Lead Dolphin/frog	Over arm 1 Arm Lead Flutter/Scissor 2 Arms Lead Dolphin/frog
Colchian/Colchian flutter		Over arm 1 Arm Lead Flutter kick Colchian/Colchian flutter	Over arm 1 Arm Lead Frog kick Colchian/Colchian flutter	Over arm 1 Arm Lead Scissor kick Colchian/Colchian flutter	Over arm 1 Arm Lead Dolphin Colchian/Colchian flutter	Over arm 1 Arm Lead Flutter/Scissor Colchian/Colchian flutter

In II	Front crawl flutter/scissor	Front crawl scissor/frog	Dolphin/Dolphin flutter	2 Arms Lead dolphin/flutter	2 Arms Lead flutter/scissor	1 Arm Lead flutter/scissor	1 Arm Lead frog/scissor	2 Arms Lead dolphin/frog
Front crawl flutter/scissor		Front crawl flutter/scissor Front crawl scissor/frog	Front crawl flutter/scissor Dolphin/Dolphin flutter	Front crawl flutter/scissor 2 Arms Lead dolphin/flutter	Front crawl flutter/scissor 2 Arms Lead flutter/scissor	Front crawl flutter/scissor 1 Arm Lead flutter/scissor	Front crawl flutter/scissor 1 Arm Lead frog/scissor	Front crawl flutter/scissor 2 Arms Lead dolphin/frog
Front crawl scissor/frog	Front crawl scissor/frog Front crawl flutter/scissor		Front crawl scissor/frog Dolphin/Dolphin flutter	Front crawl scissor/frog 2 Arms Lead dolphin/flutter	Front crawl scissor/frog 2 Arms Lead flutter/scissor	Front crawl scissor/frog 1 Arm Lead flutter/scissor	Front crawl scissor/frog 1 Arm Lead frog/scissor	Front crawl scissor/frog 2 Arms Lead dolphin/frog
Dolphin/Dolphin flutter	Dolphin/Dolphin flutter Front crawl flutter/scissor	Dolphin/Dolphin flutter Front crawl scissor/frog		Dolphin/Dolphin flutter 2 Arms Lead dolphin/flutter	Dolphin/Dolphin flutter 2 Arms Lead flutter/scissor	Dolphin/Dolphin flutter 1 Arm Lead flutter/scissor	Dolphin/Dolphin flutter 1 Arm Lead frog/scissor	Dolphin/Dolphin flutter 2 Arms Lead dolphin/frog
2 Arms Lead dolphin/flutter	2 Arms Lead dolphin/flutter Front crawl flutter/scissor	2 Arms Lead dolphin/flutter Front crawl scissor/frog	2 Arms Lead dolphin/flutter Dolphin/Dolphin flutter		2 Arms Lead dolphin/flutter 2 Arms Lead flutter/scissor	2 Arms Lead dolphin/flutter 1 Arm Lead flutter/scissor	2 Arms Lead dolphin/flutter 1 Arm Lead frog/scissor	2 Arms Lead dolphin/flutter 2 Arms Lead dolphin/frog
2 Arms Lead flutter/scissor	2 Arms Lead flutter/scissor Front crawl flutter/scissor	2 Arms Lead flutter/scissor Front crawl scissor/frog	2 Arms Lead flutter/scissor Dolphin/Dolphin flutter	2 Arms Lead flutter/scissor 2 Arms Lead dolphin/flutter		2 Arms Lead flutter/scissor 1 Arm Lead flutter/scissor	2 Arms Lead flutter/scissor 1 Arm Lead frog/scissor	2 Arms Lead flutter/scissor 2 Arms Lead dolphin/frog
1 Arm Lead flutter/scissor	1 Arm Lead flutter/scissor Front crawl flutter/scissor	1 Arm Lead flutter/scissor Front crawl scissor/frog	1 Arm Lead flutter/scissor Dolphin/Dolphin flutter	1 Arm Lead flutter/scissor 2 Arms Lead dolphin/flutter	1 Arm Lead flutter/scissor 2 Arms Lead flutter/scissor		1 Arm Lead flutter/scissor 1 Arm Lead frog/scissor	1 Arm Lead flutter/scissor 2 Arms Lead dolphin/frog
1 Arm Lead frog/scissor	1 Arm Lead frog/scissor Front crawl flutter/scissor	1 Arm Lead frog/scissor Front crawl scissor/frog	1 Arm Lead frog/scissor Dolphin/Dolphin flutter	1 Arm Lead frog/scissor 2 Arms Lead dolphin/flutter	1 Arm Lead frog/scissor 2 Arms Lead flutter/scissor	1 Arm Lead frog/scissor 1 Arm Lead flutter/scissor		1 Arm Lead frog/scissor 2 Arms Lead dolphin/frog
2 Arms Lead dolphin/frog	2 Arms Lead dolphin/frog Front crawl flutter/scissor	2 Arms Lead dolphin/frog Front crawl scissor/frog	2 Arms Lead dolphin/frog Dolphin/Dolphin flutter	2 Arms Lead dolphin/frog 2 Arms Lead dolphin/flutter	2 Arms Lead dolphin/frog 2 Arms Lead flutter/scissor	2 Arms Lead dolphin/frog 1 Arm Lead flutter/scissor	2 Arms Lead dolphin/frog 1 Arm Lead frog/scissor	

Side to breast Composite I Breast	Side	Over arm 1 Arm Lead Flutter kick	Over arm 1 Arm Lead Frog kick	Over arm 1 Arm Lead Scissor kick	Over arm 1 Arm Lead Dolphin	Over arm 1 Arm Lead Flutter/Scissor
Front crawl flutter/scissor		Over arm 1 Arm Lead Flutter kick Front crawl flutter/scissor	Over arm 1 Arm Lead Frog kick Front crawl flutter/scissor	Over arm 1 Arm Lead Scissor kick Front crawl flutter/scissor	Over arm 1 Arm Lead Dolphin Front crawl flutter/scissor	Over arm 1 Arm Lead Flutter/Scissor Front crawl flutter/scissor
Front crawl scissor/frog		Over arm 1 Arm Lead Flutter kick Front crawl scissor/frog	Over arm 1 Arm Lead Frog kick Front crawl scissor/frog	Over arm 1 Arm Lead Scissor kick Front crawl scissor/frog	Over arm 1 Arm Lead Dolphin Front crawl scissor/frog	Over arm 1 Arm Lead Flutter/Scissor Front crawl scissor/frog
Dolphin/Dolphin flutter		Over arm 1 Arm Lead Flutter kick Dolphin/Dolphin flutter	Over arm 1 Arm Lead Frog kick Dolphin/Dolphin flutter	Over arm 1 Arm Lead Scissor kick Dolphin/Dolphin flutter	Over arm 1 Arm Lead Dolphin Dolphin/Dolphin flutter	Over arm 1 Arm Lead Flutter/Scissor Dolphin/Dolphin flutter
2 Arms Lead dolphin/flutter		Over arm 1 Arm Lead Flutter kick 2 Arms Lead dolphin/flutter	Over arm 1 Arm Lead Frog kick 2 Arms Lead dolphin/flutter	Over arm 1 Arm Lead Scissor kick 2 Arms Lead dolphin/flutter	Over arm 1 Arm Lead Dolphin 2 Arms Lead dolphin/flutter	Over arm 1 Arm Lead Flutter/Scissor 2 Arms Lead dolphin/flutter
2 Arms Lead flutter/scissor		Over arm 1 Arm Lead Flutter kick 2 Arms Lead flutter/scissor	Over arm 1 Arm Lead Frog kick 2 Arms Lead flutter/scissor	Over arm 1 Arm Lead Scissor kick 2 Arms Lead flutter/scissor	Over arm 1 Arm Lead Dolphin 2 Arms Lead flutter/scissor	Over arm 1 Arm Lead Flutter/Scissor 2 Arms Lead flutter/scissor
1 Arm Lead flutter/scissor		Over arm 1 Arm Lead Flutter kick 1 Arm Lead flutter/scissor	Over arm 1 Arm Lead Frog kick 1 Arm Lead flutter/scissor	Over arm 1 Arm Lead Scissor kick 1 Arm Lead flutter/scissor	Over arm 1 Arm Lead Dolphin 1 Arm Lead flutter/scissor	Over arm 1 Arm Lead Flutter/Scissor 1 Arm Lead flutter/scissor
1 Arm Lead scissor/frog		Over arm 1 Arm Lead Flutter kick 1 Arm Lead scissor/frog	Over arm 1 Arm Lead Frog kick 1 Arm Lead scissor/frog	Over arm 1 Arm Lead Scissor kick 1 Arm Lead scissor/frog	Over arm 1 Arm Lead Dolphin 1 Arm Lead scissor/frog	Over arm 1 Arm Lead Flutter/Scissor 1 Arm Lead scissor/frog
2 Arms Lead dolphin/frog		Over arm 1 Arm Lead Flutter kick 2 Arms Lead Dolphin/frog	Over arm 1 Arm Lead Frog kick 2 Arms Lead Dolphin/frog	Over arm 1 Arm Lead Scissor kick 2 Arms Lead Dolphin/frog	Over arm 1 Arm Lead Dolphin 2 Arms Lead Dolphin/frog	Over arm 1 Arm Lead Flutter/Scissor 2 Arms Lead Dolphin/frog
Colchian/Colchian flutter		Over arm 1 Arm Lead Flutter kick Colchian/Colchian flutter	Over arm 1 Arm Lead Frog kick Colchian/Colchian flutter	Over arm 1 Arm Lead Scissor kick Colchian/Colchian flutter	Over arm 1 Arm Lead Dolphin Colchian/Colchian flutter	Over arm 1 Arm Lead Flutter/Scissor Colchian/Colchian flutter

Breast In II	Front crawl flutter/scissor	Front crawl scissor/frog	Dolphin/Dolphin flutter	2 Arms Lead dolphin/flutter	2 Arms Lead flutter/scissor	1 Arm Lead flutter/scissor	1 Arm Lead scissor/frog	2 Arms Lead dolphin/frog	Colchian/Colchian flutter
Breast Front crawl flutter/scissor									
Front crawl scissor/frog	Front crawl flutter/scissor Front crawl scissor/frog								
Dolphin/Dolphin flutter	Front crawl flutter/scissor Dolphin/Dolphin flutter	Front crawl scissor/frog Dolphin/Dolphin flutter							
2 Arms Lead dolphin/flutter	Front crawl flutter/scissor 2 Arms Lead dolphin/flutter	Front crawl scissor/frog 2 Arms Lead dolphin/flutter	Dolphin/Dolphin flutter 2 Arms Lead dolphin/flutter						
2 Arms Lead flutter/scissor	Front crawl flutter/scissor 2 Arms Lead flutter/scissor	Front crawl scissor/frog 2 Arms Lead flutter/scissor	Dolphin/Dolphin flutter 2 Arms Lead flutter/scissor	2 Arms Lead dolphin/flutter 2 Arms Lead flutter/scissor					
1 Arm Lead flutter/scissor	Front crawl flutter/scissor 1 Arm Lead flutter/scissor	Front crawl scissor/frog 1 Arm Lead flutter/scissor	Dolphin/Dolphin flutter 1 Arm Lead flutter/scissor	2 Arms Lead dolphin/flutter 1 Arm Lead flutter/scissor	2 Arms Lead flutter/scissor 1 Arm Lead flutter/scissor				
1 Arm Lead scissor/frog	Front crawl flutter/scissor 1 Arm Lead scissor/frog	Front crawl scissor/frog 1 Arm Lead scissor/frog	Dolphin/Dolphin flutter 1 Arm Lead scissor/frog	2 Arms Lead dolphin/flutter 1 Arm Lead scissor/frog	2 Arms Lead flutter/scissor 1 Arm Lead scissor/frog	1 Arm Lead flutter/scissor 1 Arm Lead scissor/frog			
2 Arms Lead dolphin/frog	Front crawl flutter/scissor 2 Arms Lead dolphin/frog	Front crawl scissor/frog 2 Arms Lead dolphin/frog	Dolphin/Dolphin flutter 2 Arms Lead dolphin/frog	2 Arms Lead dolphin/flutter 2 Arms Lead dolphin/frog	2 Arms Lead flutter/scissor 2 Arms Lead dolphin/frog	1 Arm Lead flutter/scissor 2 Arms Lead dolphin/frog	1 Arm Lead scissor/frog 2 Arms Lead dolphin/frog		
Colchian/Colchian flutter	Front crawl flutter/scissor Colchian/Colchian flutter	Front crawl scissor/frog Colchian/Colchian flutter	Dolphin/Dolphin flutter Colchian/Colchian flutter	2 Arms Lead dolphin/flutter Colchian/Colchian flutter	2 Arms Lead flutter/scissor Colchian/Colchian flutter	1 Arm Lead flutter/scissor Colchian/Colchian flutter	1 Arm Lead scissor/frog Colchian/Colchian flutter	2 Arms Lead dolphin/frog Colchian/Colchian flutter	

Float to back Composite I	Float	Float Frog	Floating Flutter/ Scissor	Floating/Inverted Bat	Floating Frog/Mantle	Floating/Flicker
Backstroke						
2 Over Arms Frog		Float Frog 2 Over Arms Frog	Floating Flutter/ Scissor 2 Over Arms Frog	Floating/Inverted Bat 2 Over Arms Frog	Floating Frog/Mantle 2 Over Arms Frog	Floating Frog/Mantle 2 Over Arms Frog
1 Over Arm alt Frog		Float Frog 1 Over Arm alt Frog	Floating Flutter/ Scissor 1 Over Arm alt Frog	Floating/Inverted Bat 1 Over Arm alt Frog	Floating Frog/Mantle 1 Over Arm alt Frog	Floating/Flicker 1 Over Arm alt Frog
1 Over Arm alt Flutter		Float Frog 1 Over Arm alt Flutter	Floating Flutter/ Scissor 1 Over Arm alt Flutter	Floating/Inverted Bat 1 Over Arm alt Flutter	Floating Frog/Mantle 1 Over Arm alt Flutter	Floating/Flicker 1 Over Arm alt Flutter
1 Arm alt Flutter		Float Frog 1 Arm alt Flutter	Floating Flutter/ Scissor 1 Arm alt Flutter	Floating/Inverted Bat 1 Arm alt Flutter	Floating Frog/Mantle 1 Arm alt Flutter	Floating/Flicker 1 Arm alt Flutter
1 Arm alt Scissor		Float Frog 1 Arm alt Scissor	Floating Flutter/ Scissor 1 Arm alt Scissor	Floating/Inverted Bat 1 Arm alt Scissor	Floating Frog/Mantle 1 Arm alt Scissor	Floating/Flicker 1 Arm alt Scissor
1 Arm alt Flutter/Scissor		Float Frog 1 Arm alt Flutter/Scissor	Floating Flutter/ Scissor 1 Arm alt Flutter/Scissor	Floating/Inverted Bat 1 Arm alt Flutter/Scissor	Floating Frog/Mantle 1 Arm alt Flutter/Scissor	Floating/Flicker 1 Arm alt Flutter/Scissor
2 Over Arms Glide Frog		Float Frog 2 Over Arms Glide Frog	Floating Flutter/ Scissor 2 Over Arms Glide Frog	Floating/Inverted Bat 2 Over Arms Glide Frog	Floating Frog/Mantle 2 Over Arms Glide Frog	Floating/Flicker 2 Over Arms Glide Frog
2 Arm Lead Frog/Scissor		Float Frog 2 Arm Lead Frog/Scissor	Floating Flutter/ Scissor 2 Arm Lead Frog/Scissor	Floating/Inverted Bat 2 Arm Lead Frog/Scissor	Floating Frog/Mantle 2 Arm Lead Frog/Scissor	Floating/Flicker 2 Arm Lead Frog/Scissor
Colchian flutter/scissor		Float Frog Colchian flutter/scissor	Floating Flutter/ Scissor Colchian flutter/scissor	Floating/Inverted Bat Colchian flutter/scissor	Floating Frog/Mantle Colchian flutter/scissor	Floating/Flicker Colchian flutter/scissor

Float to back Composite I Backstroke	Float	Float Frog	Floating Flutter/ Scissor	Floating/Inverted Bat	Floating Frog/Mantle	Floating/Flicker
2 Over Arms Flutter/Frog		Float Frog 2 Over Arms Frog	Floating Flutter/ Scissor 2 Over Arms Frog	Floating/Inverted Bat 2 Over Arms Frog	Floating Frog/Mantle 2 Over Arms Frog	Floating Frog/Mantle 2 Over Arms Frog
1 Over Arm alt Flutter/Frog		Float Frog 1 Over Arm alt Frog	Floating Flutter/ Scissor 1 Over Arm alt Frog	Floating/Inverted Bat 1 Over Arm alt Frog	Floating Frog/Mantle 1 Over Arm alt Frog	Floating/Flicker 1 Over Arm alt Frog
1 Over Arm alt Flutter/Scissor		Float Frog 1 Over Arm alt Flutter	Floating Flutter/ Scissor 1 Over Arm alt Flutter	Floating/Inverted Bat 1 Over Arm alt Flutter	Floating Frog/Mantle 1 Over Arm alt Flutter	Floating/Flicker 1 Over Arm alt Flutter
1 Over Arm alt Frog/Scissor		Float Frog 1 Arm alt Flutter	Floating Flutter/ Scissor 1 Arm alt Flutter	Floating/Inverted Bat 1 Arm alt Flutter	Floating Frog/Mantle 1 Arm alt Flutter	Floating/Flicker 1 Arm alt Flutter
2 Over Arms Glide Flutter/Frog		Float Frog 1 Arm alt Scissor	Floating Flutter/ Scissor 1 Arm alt Scissor	Floating/Inverted Bat 1 Arm alt Scissor	Floating Frog/Mantle 1 Arm alt Scissor	Floating/Flicker 1 Arm alt Scissor
2 Arms Lead Flutter/Frog		Float Frog 1 Arm alt Flutter/Scissor	Floating Flutter/ Scissor 1 Arm alt Flutter/Scissor	Floating/Inverted Bat 1 Arm alt Flutter/Scissor	Floating Frog/Mantle 1 Arm alt Flutter/Scissor	Floating/Flicker 1 Arm alt Flutter/Scissor
2 Arm Lead Frog/Scissor		Float Frog 2 Over Arms Glide Frog	Floating Flutter/ Scissor 2 Over Arms Glide Frog	Floating/Inverted Bat 2 Over Arms Glide Frog	Floating Frog/Mantle 2 Over Arms Glide Frog	Floating/Flicker 2 Over Arms Glide Frog
2 Arms Lead Dolphin/Flutter		Float Frog 2 Arm Lead Frog/Scissor	Floating Flutter/ Scissor 2 Arm Lead Frog/Scissor	Floating/Inverted Bat 2 Arm Lead Frog/Scissor	Floating Frog/Mantle 2 Arm Lead Frog/Scissor	Floating/Flicker 2 Arm Lead Frog/Scissor
Colchian flutter/scissor		Float Frog Colchian flutter/scissor	Floating Flutter/ Scissor Colchian flutter/scissor	Floating/Inverted Bat Colchian flutter/scissor	Floating Frog/Mantle Colchian flutter/scissor	Floating/Flicker Colchian flutter/scissor

Backstroke In II	2 Over Arms Glide Flutter/Frog	2 Arms Lead Flutter/Frog	2 Arm Lead Frog/Scissor	2 Arms Lead Dolphin/Flutter	1 Arm Lead Flutter/Frog	1 Arm Lead Flutter/Dolphin	1 Arm Lead Frog/Scissor
2 Over Arms Glide Flutter/Frog		2 Arms Lead Flutter/Frog 2 Over Arms Glide Flutter/Frog	2 Arm Lead Frog/Scissor 2 Over Arms Glide Flutter/Frog	2 Arms Lead Dolphin/Flutter 2 Over Arms Glide Flutter/Frog	1 Arm Lead Flutter/Frog 2 Over Arms Glide Flutter/Frog	1 Arm Lead Flutter/Dolphin 2 Over Arms Glide Flutter/Frog	1 Arm Lead Frog/Scissor 2 Over Arms Glide Flutter/Frog
2 Arms Lead Flutter/Frog	2 Over Arms Glide Flutter/Frog 2 Arms Lead Flutter/Frog		2 Arm Lead Frog/Scissor 2 Arms Lead Flutter/Frog	2 Arms Lead Dolphin/Flutter 2 Arms Lead Flutter/Frog	1 Arm Lead Flutter/Frog 2 Arms Lead Flutter/Frog	1 Arm Lead Flutter/Dolphin 2 Arms Lead Flutter/Frog	1 Arm Lead Frog/Scissor 2 Arms Lead Flutter/Frog
2 Arm Lead Frog/Scissor	2 Over Arms Glide Flutter/Frog 2 Arm Lead Frog/Scissor	2 Arms Lead Flutter/Frog 2 Arm Lead Frog/Scissor		2 Arms Lead Dolphin/Flutter 2 Arm Lead Frog/Scissor	1 Arm Lead Flutter/Frog 2 Arm Lead Frog/Scissor	1 Arm Lead Flutter/Dolphin 2 Arm Lead Frog/Scissor	1 Arm Lead Frog/Scissor 2 Arm Lead Frog/Scissor
2 Arms Lead Dolphin/Flutter	2 Over Arms Glide Flutter/Frog 2 Arms Lead Dolphin/Flutter	2 Arms Lead Flutter/Frog 2 Arms Lead Dolphin/Flutter	2 Arm Lead Frog/Scissor 2 Arms Lead Dolphin/Flutter		1 Arm Lead Flutter/Frog 2 Arms Lead Dolphin/Flutter	1 Arm Lead Flutter/Dolphin 2 Arms Lead Dolphin/Flutter	1 Arm Lead Frog/Scissor 2 Arms Lead Dolphin/Flutter
1 Arm Lead Flutter/Frog	2 Over Arms Glide Flutter/Frog 1 Arm Lead Flutter/Frog	2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Frog	2 Arm Lead Frog/Scissor 1 Arm Lead Flutter/Frog	2 Arms Lead Dolphin/Flutter 1 Arm Lead Flutter/Frog		1 Arm Lead Flutter/Dolphin 1 Arm Lead Flutter/Frog	1 Arm Lead Frog/Scissor 1 Arm Lead Flutter/Frog
1 Arm Lead Flutter/Dolphin	2 Over Arms Glide Flutter/Frog 1 Arm Lead Flutter/Dolphin	2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Dolphin	2 Arm Lead Frog/Scissor 1 Arm Lead Flutter/Dolphin	2 Arms Lead Dolphin/Flutter 1 Arm Lead Flutter/Dolphin	1 Arm Lead Flutter/Frog 1 Arm Lead Flutter/Dolphin		1 Arm Lead Frog/Scissor 1 Arm Lead Flutter/Dolphin
1 Arm Lead Frog/Scissor	2 Over Arms Glide Flutter/Frog 1 Arm Lead Frog/Scissor	2 Arms Lead Flutter/Frog 1 Arm Lead Frog/Scissor	2 Arm Lead Frog/Scissor 1 Arm Lead Frog/Scissor	2 Arms Lead Dolphin/Flutter 1 Arm Lead Frog/Scissor	1 Arm Lead Flutter/Frog 1 Arm Lead Frog/Scissor	1 Arm Lead Flutter/Dolphin 1 Arm Lead Frog/Scissor	

Float to back Composite III Float Backstroke In-II	Float Frog	Floating Flutter/Scissor	Floating/Inverted Bat	Floating Frog/Mantle	Floating/Flicker
2 Over Arms Glide Flutter/Frog 2 Over Arms Glide Flutter/Scissor	Float Frog 2 Over Arms Glide Flutter/Frog 2 Over Arms Glide Flutter/Scissor	Floating Flutter/Scissor 2 Over Arms Glide Flutter/Frog 2 Over Arms Glide Flutter/Scissor	Floating/Inverted Bat 2 Over Arms Glide Flutter/Frog 2 Over Arms Glide Flutter/Scissor	Floating Frog/Mantle 2 Over Arms Glide Flutter/Frog 2 Over Arms Glide Flutter/Scissor	Floating Frog/Mantle 2 Over Arms Glide Flutter/Frog 2 Over Arms Glide Flutter/Scissor
2 Over Arms Glide Flutter/Scissor 2 Arms Lead Flutter/Frog	Float Frog 2 Over Arms Glide Flutter/Scissor 2 Arms Lead Flutter/Frog	Floating Flutter/Scissor 2 Over Arms Glide Flutter/Scissor 2 Arms Lead Flutter/Frog	Floating/Inverted Bat 2 Over Arms Glide Flutter/Scissor 2 Arms Lead Flutter/Frog	Floating Frog/Mantle 2 Over Arms Glide Flutter/Scissor 2 Arms Lead Flutter/Frog	Floating/Flicker 2 Over Arms Glide Flutter/Scissor 2 Arms Lead Flutter/Frog
2 Over Arms Glide Flutter/Scissor 2 Arm Lead Frog/Scissor	Float Frog 2 Over Arms Glide Flutter/Scissor 2 Arm Lead Frog/Scissor	Floating Flutter/Scissor 2 Over Arms Glide Flutter/Scissor 2 Arm Lead Frog/Scissor	Floating/Inverted Bat 2 Over Arms Glide Flutter/Scissor 2 Arm Lead Frog/Scissor	Floating Frog/Mantle 2 Over Arms Glide Flutter/Scissor 2 Arm Lead Frog/Scissor	Floating/Flicker 2 Over Arms Glide Flutter/Scissor 2 Arm Lead Frog/Scissor
2 Arms Lead Flutter/Frog 2 Arms Lead Dolphin/Flutter	Float Frog 2 Arms Lead Flutter/Frog 2 Arms Lead Dolphin/Flutter	Floating Flutter/Scissor 2 Arms Lead Flutter/Frog 2 Arms Lead Dolphin/Flutter	Floating/Inverted Bat 2 Arms Lead Flutter/Frog 2 Arms Lead Dolphin/Flutter	Floating Frog/Mantle 2 Arms Lead Flutter/Frog 2 Arms Lead Dolphin/Flutter	Floating/Flicker 2 Arms Lead Flutter/Frog 2 Arms Lead Dolphin/Flutter
2 Arm Lead Frog/Scissor 2 Arms Lead Dolphin/Flutter	Float Frog 2 Arm Lead Frog/Scissor 2 Arms Lead Dolphin/Flutter	Floating Flutter/Scissor 2 Arm Lead Frog/Scissor 2 Arms Lead Dolphin/Flutter	Floating/Inverted Bat 2 Arm Lead Frog/Scissor 2 Arms Lead Dolphin/Flutter	Floating Frog/Mantle 2 Arm Lead Frog/Scissor 2 Arms Lead Dolphin/Flutter	Floating/Flicker 2 Arm Lead Frog/Scissor 2 Arms Lead Dolphin/Flutter
2 Arms Lead Dolphin/Flutter 1 Arm Lead Flutter/Frog	Float Frog 2 Arms Lead Dolphin/Flutter 1 Arm Lead Flutter/Frog	Floating Flutter/Scissor 2 Arms Lead Dolphin/Flutter 1 Arm Lead Flutter/Frog	Floating/Inverted Bat 2 Arms Lead Dolphin/Flutter 1 Arm Lead Flutter/Frog	Floating Frog/Mantle 2 Arms Lead Dolphin/Flutter 1 Arm Lead Flutter/Frog	Floating/Flicker 2 Arms Lead Dolphin/Flutter 1 Arm Lead Flutter/Frog
2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Frog	Float Frog 2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Frog	Floating Flutter/Scissor 2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Frog	Floating/Inverted Bat 2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Frog	Floating Frog/Mantle 2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Frog	Floating/Flicker 2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Frog
2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Dolphin	Float Frog 2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Dolphin	Floating Flutter/Scissor 2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Dolphin	Floating/Inverted Bat 2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Dolphin	Floating Frog/Mantle 2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Dolphin	Floating/Flicker 2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Dolphin
2 Arms Lead Dolphin/Flutter 1 Arms Lead Dolphin/Flutter	Float Frog 2 Arms Lead Dolphin/Flutter 1 Arms Lead Dolphin/Flutter	Floating Flutter/Scissor 2 Arms Lead Dolphin/Flutter 1 Arms Lead Dolphin/Flutter	Floating/Inverted Bat 2 Arms Lead Dolphin/Flutter 1 Arms Lead Dolphin/Flutter	Floating Frog/Mantle 2 Arms Lead Dolphin/Flutter 1 Arms Lead Dolphin/Flutter	Floating/Flicker 2 Arms Lead Dolphin/Flutter 1 Arms Lead Dolphin/Flutter

Float to back Half Composite I Backstroke	Float	Float Frog	Floating Flutter/Scissor	Floating/Inverted Bat	Floating Frog/Mantle	Floating/Flicker
2 Over Arms Frog		2 Over Arms Frog Float Frog	2 Over Arms Frog Floating Flutter/Scissor	2 Over Arms Frog Floating/Inverted Bat	2 Over Arms Frog Floating Frog/Mantle	2 Over Arms Frog Floating/Flicker
1 Arm alt Frog		1 Arm alt Frog Float Frog	1 Arm alt Frog Floating Flutter/Scissor	1 Arm alt Frog Floating/Inverted Bat	1 Arm alt Frog Floating Frog/Mantle	1 Arm alt Frog Floating/Flicker
2 Arm alt Flutter		Float Frog 1 Arm alt Flutter	Floating Flutter/Scissor 1 Arm alt Flutter	Floating/Inverted Bat 1 Arm alt Flutter	Floating Frog/Mantle 1 Arm alt Flutter	Floating/Flicker 1 Arm alt Flutter
1 Arm alt Flutter		Float Frog 1 Arm alt Flutter	Floating Flutter/Scissor 1 Arm alt Flutter	Floating/Inverted Bat 1 Arm alt Flutter	Floating Frog/Mantle 1 Arm alt Flutter	Floating/Flicker 1 Arm alt Flutter
1 Arm alt Scissor		Float Frog 1 Arm alt Scissor	Floating Flutter/Scissor 1 Arm alt Scissor	Floating/Inverted Bat 1 Arm alt Scissor	Floating Frog/Mantle 1 Arm alt Scissor	Floating/Flicker 1 Arm alt Scissor
1 Arm alt Flutter/Scissor		Float Frog 1 Arm alt Flutter/Scissor	Floating Flutter/Scissor 1 Arm alt Flutter/Scissor	Floating/Inverted Bat 1 Arm alt Flutter/Scissor	Floating Frog/Mantle 1 Arm alt Flutter/Scissor	Floating/Flicker 1 Arm alt Flutter/Scissor
2 Over Arms Glide Frog		Float Frog 2 Over Arms Glide Frog	Floating Flutter/Scissor 2 Over Arms Glide Frog	Floating/Inverted Bat 2 Over Arms Glide Frog	Floating Frog/Mantle 2 Over Arms Glide Frog	Floating/Flicker 2 Over Arms Glide Frog
2 Arm Lead Frog/Scissor		Float Frog 2 Arm Lead Frog/Scissor	Floating Flutter/Scissor 2 Arm Lead Frog/Scissor	Floating/Inverted Bat 2 Arm Lead Frog/Scissor	Floating Frog/Mantle 2 Arm Lead Frog/Scissor	Floating/Flicker 2 Arm Lead Frog/Scissor
Colchian flutter/scissor		Float Frog Colchian flutter/scissor	Floating Flutter/Scissor Colchian flutter/scissor	Floating/Inverted Bat Colchian flutter/scissor	Floating Frog/Mantle Colchian flutter/scissor	Floating/Flicker Colchian flutter/scissor

Float to sidestroke Composite I	Back Float	Float Frog	Floating Flutter/Scissor	Floating/Inverted Bat	Floating Frog/Mantle	Floating/Flicker
Sidestroke						
On the side over arm 1 Arm Lead Scissor	Float Frog On the side over arm 1 Arm Lead Scissor	Floating Flutter/Scissor On the side over arm 1 Arm Lead Scissor	Floating/Inverted Bat On the side over arm 1 Arm Lead Scissor	Floating Frog/Mantle On the side over arm 1 Arm Lead Scissor	Floating/Flicker On the side over arm 1 Arm Lead Scissor	
On the side over arm 1 Arm Lead Frog	Float Frog On the side over arm 1 Arm Lead Frog	Floating Flutter/Scissor On the side over arm 1 Arm Lead Frog	Floating/Inverted Bat On the side over arm 1 Arm Lead Frog	Floating Frog/Mantle On the side over arm 1 Arm Lead Frog	Floating/Flicker On the side over arm 1 Arm Lead Frog	
On the side over arm 1 Arm Lead Flutter	Float Frog On the side over arm 1 Arm Lead Flutter	Floating Flutter/Scissor On the side over arm 1 Arm Lead Flutter	Floating/Inverted Bat On the side over arm 1 Arm Lead Flutter	Floating Frog/Mantle On the side over arm 1 Arm Lead Flutter	Floating/Flicker On the side over arm 1 Arm Lead Flutter	
On the side over arm 1 Arm Lead Dolphin	Float Frog On the side over arm 1 Arm Lead Dolphin	Floating Flutter/Scissor On the side over arm 1 Arm Lead Dolphin	Floating/Inverted Bat On the side over arm 1 Arm Lead Dolphin	Floating Frog/Mantle On the side over arm 1 Arm Lead Dolphin	Floating/Flicker On the side over arm 1 Arm Lead Dolphin	
Dolphin Over arm 1 Arm Lead Both Arms down Frog	Float Frog Dolphin Over arm 1 Arm Lead Both Arms down Frog	Floating Flutter/Scissor Dolphin Over arm 1 Arm Lead Both Arms down Frog	Floating/Inverted Bat Dolphin Over arm 1 Arm Lead Both Arms down Frog	Floating Frog/Mantle Dolphin Over arm 1 Arm Lead Both Arms down Frog	Floating/Flicker Dolphin Over arm 1 Arm Lead Both Arms down Frog	
Over arm 1 Arm Lead Both Arms down Flutter	Float Frog Over arm 1 Arm Lead Both Arms down Flutter	Floating Flutter/Scissor Over arm 1 Arm Lead Both Arms down Flutter	Floating/Inverted Bat Over arm 1 Arm Lead Both Arms down Flutter	Floating Frog/Mantle Over arm 1 Arm Lead Both Arms down Flutter	Floating/Flicker Over arm 1 Arm Lead Both Arms down Flutter	
Over arm 1 Arm Lead Both Arms down Scissor	Float Frog Over arm 1 Arm Lead Both Arms down Scissor	Floating Flutter/Scissor Over arm 1 Arm Lead Both Arms down Scissor	Floating/Inverted Bat Over arm 1 Arm Lead Both Arms down Scissor	Floating Frog/Mantle Over arm 1 Arm Lead Both Arms down Scissor	Floating/Flicker Over arm 1 Arm Lead Both Arms down Scissor	
2 Arms Float to Under Scissor	Float Frog 2 Arms Float to Under Scissor	Floating Flutter/Scissor 2 Arms Float to Under Scissor	Floating/Inverted Bat 2 Arms Float to Under Scissor	Floating Frog/Mantle 2 Arms Float to Under Scissor	Floating/Flicker 2 Arms Float to Under Scissor	
1 Arm Lead Flutter	Float Frog 1 Arm Lead Flutter	Floating Flutter/Scissor 1 Arm Lead Flutter	Floating/Inverted Bat 1 Arm Lead Flutter	Floating Frog/Mantle 1 Arm Lead Flutter	Floating/Flicker 1 Arm Lead Flutter	

Halfstroke Easy Only legs Float	Colchian Flutter	Colchian Frog	Colchian Scissor	Colchian Dolphin	Colchian Flutter/Dolphin
Float	Float Colchian Flutter	Float Colchian Frog	Float Colchian Scissor	Float Colchian Dolphin	Float Colchian Flutter/Dolphin
Inverted Bat	Inverted Bat Colchian Flutter	Inverted Bat Colchian Frog	Inverted Bat Colchian Scissor	Inverted Bat Colchian Dolphin	Inverted Bat Colchian Flutter/Dolphin
Turtoise	Turtoise Colchian Flutter	Turtoise Colchian Frog	Turtoise Colchian Scissor	Turtoise Colchian Dolphin	Turtoise Colchian Flutter/Dolphin
Back forward	Back forward Colchian Flutter	Back forward Colchian Frog	Back forward Colchian Scissor	Back forward Colchian Dolphin	Back forward Colchian Flutter/Dolphin
2 Over arms to glide	2 Over arms to glide Colchian Flutter	Colchian Frog 2 Over arms to glide Colchian Frog	2 Over arms to glide Colchian Scissor	2 Over arms to glide Colchian Dolphin	2 Over arms to glide Colchian Flutter/Dolphin
2 Arms float under	2 Arms float under Colchian Flutter	2 Arms float under Colchian Frog	2 Arms float under Colchian Scissor	2 Arms float under Colchian Dolphin	2 Arms float under Colchian Flutter/Dolphin
1 Arms float under	1 Arms float under Colchian Flutter	1 Arms float under Colchian Frog	1 Arms float under Colchian Scissor	1 Arms float under Colchian Dolphin	1 Arms float under Colchian Flutter/Dolphin
Flicker	Flicker Colchian Flutter	Flicker Colchian Frog	Flicker Colchian Scissor	Flicker Colchian Dolphin	Flicker Colchian Flutter/Dolphin
Floating/Flicker	Floating/Flicker Colchian Flutter	Floating/Flicker Colchian Frog	Floating/Flicker Colchian Scissor	Floating/Flicker Colchian Dolphin	Floating/Flicker Colchian Flutter/Dolphin

Halfstroke Composite I Float	Colchian Flutter/Frog	Colchian Flutter/Scissor	Colchian Frog/Scissor	Colchian Dolphin/Scissor	Colchian Dophin/Flutter		
Float	Colchian Flutter/Frog Float	Colchian Flutter/Scissor Float	Colchian Frog/Scissor Float	Colchian Dolphin/Scissor Float	Colchian Dophin/Flutter Float		
Inverted Bat	Colchian Flutter/Frog Inverted Bat	Colchian Flutter/Scissor Inverted Bat	Colchian Frog/Scissor Inverted Bat	Colchian Dolphin/Scissor Inverted Bat	Colchian Dophin/Flutter Inverted Bat		
Turtoise	Colchian Flutter/Frog Turtoise	Colchian Flutter/Scissor Turtoise	Colchian Frog/Scissor Turtoise	Colchian Dolphin/Scissor Turtoise	Colchian Dophin/Flutter Turtoise		
Back forward	Colchian Flutter/Frog Back forward	Colchian Flutter/Scissor Back forward	Colchian Frog/Scissor Back forward	Colchian Dolphin/Scissor Back forward	Colchian Dophin/Flutter Back forward		
2 Over arms to glide	Colchian Flutter/Frog 2 Over arms to glide	Colchian Flutter/Scissor 2 Over arms to glide	Colchian Frog/Scissor 2 Over arms to glide	Colchian Dolphin/Scissor 2 Over arms to glide	Colchian Dophin/Flutter 2 Over arms to glide		
2 Arms float under	Colchian Flutter/Frog 2 Arms float under	Colchian Flutter/Scissor 2 Arms float under	Colchian Frog/Scissor 2 Arms float under	Colchian Dolphin/Scissor 2 Arms float under	Colchian Dophin/Flutter 2 Arms float under		
1 Arms float under	Colchian Flutter/Frog 1 Arms float under	Colchian Flutter/Scissor 1 Arms float under	Colchian Frog/Scissor 1 Arms float under	Colchian Dolphin/Scissor 1 Arms float under	Colchian Dophin/Flutter 1 Arms float under		
Flicker	Colchian Flutter/Frog Flicker	Colchian Flutter/Scissor Flicker	Colchian Frog/Scissor Flicker	Colchian Dolphin/Scissor Flicker	Colchian Dophin/Flutter Flicker		
Floating/Flicker	Colchian Flutter/Frog Floating/Flicker	Colchian Flutter/Scissor Floating/Flicker	Colchian Frog/Scissor Floating/Flicker	Colchian Dolphin/Scissor Floating/Flicker	Colchian Dophin/Flutter Floating/Flicker		

Halfstroke Composite I Float In	Colchian Flutter	Colchian Frog	Colchian Scissor	Colchian Dolphin	Colchian Flutter/Dolphin
Float/Inverted Bat	Colchian Flutter Float/Inverted Bat	Colchian Frog Float/Inverted Bat	Colchian Scissor Float/Inverted Bat	Colchian Dolphin Float/Inverted Bat	Colchian Flutter/Dolphin Float/Inverted Bat
Float/Turtoise Inverted	Colchian Flutter Float/Turtoise Inverted	Colchian Frog Float/Turtoise Inverted	Colchian Scissor Float/Turtoise Inverted	Colchian Dolphin Float/Turtoise Inverted	Colchian Flutter/Dolphin Float/Turtoise Inverted
Float/Back forward	Colchian Flutter Float/Back forward	Colchian Frog Float/Back forward	Colchian Scissor Float/Back forward	Colchian Dolphin Float/Back forward	Colchian Flutter/Dolphin Float/Back forward
2 Over arms to glide/2 Arms float under	Colchian Flutter 2 Over arms to glide/2 Arms float under	Colchian Frog 2 Over arms to glide/2 Arms float under	Colchian Scissor 2 Over arms to glide/2 Arms float under	Colchian Dolphin 2 Over arms to glide/2 Arms float under	Colchian Flutter/Dolphin 2 Over arms to glide/2 Arms float under
Float/2 Over arms to glide	Colchian Flutter Float/2 Over arms to glide	Colchian Frog Float/2 Over arms to glide	Colchian Scissor Float/2 Over arms to glide	Colchian Dolphin Float/2 Over arms to glide	Colchian Flutter/Dolphin Float/2 Over arms to glide
2 Over arms to glide/Flicker	Colchian Flutter 2 Over arms to glide/Flicker	Colchian Frog 2 Over arms to glide/Flicker	Colchian Scissor 2 Over arms to glide/Flicker	Colchian Dolphin 2 Over arms to glide/Flicker	Colchian Flutter/Dolphin 2 Over arms to glide/Flicker
2 Arms float under/Flicker	Colchian Flutter 2 Arms float under/Flicker	Colchian Frog 2 Arms float under/Flicker	Colchian Scissor 2 Arms float under/Flicker	Colchian Dolphin 2 Arms float under/Flicker	Colchian Flutter/Dolphin 2 Arms float under/Flicker
Floating/Flicker	Colchian Flutter Floating/Flicker	Colchian Frog Floating/Flicker	Colchian Scissor Floating/Flicker	Colchian Dolphin Floating/Flicker	Colchian Flutter/Dolphin Floating/Flicker

Halfstroke Composite II Float In I	Colchian Flutter/Frog	Colchian Flutter/Scissor	Colchian Frog/Scissor	Colchian Dolphin/Scissor	Colchian Dophin/Flutter
Float	Colchian Flutter/Frog Float	Colchian Flutter/Scissor Float	Colchian Frog/Scissor Float	Colchian Dolphin/Scissor Float	Colchian Dophin/Flutter Float
Float/Inverted Bat	Colchian Flutter/Frog Inverted Bat	Colchian Flutter/Scissor Inverted Bat	Colchian Frog/Scissor Inverted Bat	Colchian Dolphin/Scissor Inverted Bat	Colchian Dophin/Flutter Inverted Bat
Float/Turtoise Inverted	Colchian Flutter/Frog Turtoise	Colchian Flutter/Scissor Turtoise	Colchian Frog/Scissor Turtoise	Colchian Dolphin/Scissor Turtoise	Colchian Dophin/Flutter Turtoise
Float/Back forward	Colchian Flutter/Frog Back forward	Colchian Flutter/Scissor Back forward	Colchian Frog/Scissor Back forward	Colchian Dolphin/Scissor Back forward	Colchian Dophin/Flutter Back forward
2 Over arms to glide/2 Arms float under	Colchian Flutter/Frog 2 Over arms to glide/2 Arms float under	Colchian Flutter/Scissor 2 Over arms to glide/2 Arms float under	Colchian Frog/Scissor 2 Over arms to glide/2 Arms float under	Colchian Dolphin/Scissor 2 Over arms to glide/2 Arms float under	Colchian Dophin/Flutter 2 Over arms to glide/2 Arms float under
Float/2 Over arms to glide 2 Over arms to glide/Flicker	Colchian Flutter/Frog Float/2 Over arms to glide 2 Over arms to glide/Flicker	Colchian Flutter/Scissor Float/2 Over arms to glide 2 Over arms to glide/Flicker	Colchian Frog/Scissor Float/2 Over arms to glide 2 Over arms to glide/Flicker	Colchian Dolphin/Scissor Float/2 Over arms to glide 2 Over arms to glide/Flicker	Colchian Dophin/Flutter Float/2 Over arms to glide 2 Over arms to glide/Flicker
2 Arms float under/Flicker	Colchian Flutter/Frog 2 Arms float under/Flicker	Colchian Flutter/Scissor 2 Arms float under/Flicker	Colchian Frog/Scissor 2 Arms float under/Flicker	Colchian Dolphin/Scissor 2 Arms float under/Flicker	Colchian Dophin/Flutter 2 Arms float under/Flicker
Floating/Flicker	Colchian Flutter/Frog Floating/Flicker	Colchian Flutter/Scissor Floating/Flicker	Colchian Frog/Scissor Floating/Flicker	Colchian Dolphin/Scissor Floating/Flicker	Colchian Dophin/Flutter Floating/Flicker
2 Over arms to glide/Floating/Flicker	Colchian Flutter/Frog 2 Over arms to glide/Floating/Flicker	Colchian Flutter/Scissor 2 Over arms to glide/Floating/Flicker	Colchian Frog/Scissor 2 Over arms to glide/Floating/Flicker	Colchian Dolphin/Scissor 2 Over arms to glide/Floating/Flicker	Colchian Dophin/Flutter 2 Over arms to glide/Floating/Flicker

Halfstroke Composite III	Colchian Flutter/Frog	Colchian Flutter/Scissor	Colchian Frog/Scissor	Colchian Dolphin/Scissor	Colchian Dophin/Flutter
Float In II					
Float/Inverted Bat/Flicker	Colchian Flutter/Frog Float/Inverted Bat/Flicker	Colchian Flutter/Scissor Float/Inverted Bat/Flicker	Colchian Frog/Scissor Float/Inverted Bat/Flicker	Colchian Dolphin/Scissor Float/Inverted Bat/Flicker	Colchian Dophin/Flutter Float/Inverted Bat/Flicker
Forward/ Float/Flicker	Colchian Flutter/Frog Forward/ Float/Flicker	Colchian Flutter/Scissor Forward/ Float/Flicker	Colchian Frog/Scissor Forward/ Float/Flicker	Colchian Dolphin/Scissor Forward/ Float/Flicker	Colchian Dophin/Flutter Forward/ Float/Flicker
Float/Turtoise Inverted/Flicker	Colchian Flutter/Frog Float/Turtoise Inverted/Flicker	Colchian Flutter/Scissor Float/Turtoise Inverted/Flicker	Colchian Frog/Scissor Float/Turtoise Inverted/Flicker	Colchian Dolphin/Scissor Float/Turtoise Inverted/Flicker	Colchian Dophin/Flutter Float/Turtoise Inverted/Flicker
2 Over arms to glide/2 Arms float under/Flicker	Colchian Flutter/Frog 2 Over arms to glide/2 Arms float under/Flicker	Colchian Flutter/Scissor 2 Over arms to glide/2 Arms float under/Flicker	Colchian Frog/Scissor 2 Over arms to glide/2 Arms float under/Flicker	Colchian Dolphin/Scissor 2 Over arms to glide/2 Arms float under/Flicker	Colchian Dophin/Flutter 2 Over arms to glide/2 Arms float under/Flicker
2 Over arms to glide/Inverted Bat/Flicker	Colchian Flutter/Frog 2 Over arms to glide/Inverted Bat/Flicker	Colchian Flutter/Scissor 2 Over arms to glide/Inverted Bat/Flicker	Colchian Frog/Scissor 2 Over arms to glide/Inverted Bat/Flicker	Colchian Dolphin/Scissor 2 Over arms to glide/Inverted Bat/Flicker	Colchian Dophin/Flutter 2 Over arms to glide/Inverted Bat/Flicker
Float/2 Over arms to glide/Inverted Bat	Colchian Flutter/Frog Float/2 Over arms to glide/Inverted Bat	Colchian Flutter/Scissor Float/2 Over arms to glide/Inverted Bat	Colchian Frog/Scissor Float/2 Over arms to glide/Inverted Bat	Colchian Dolphin/Scissor Float/2 Over arms to glide/Inverted Bat	Colchian Dophin/Flutter Float/2 Over arms to glide/Inverted Bat
2 Over arms to glide/Inverted Bat/Flicker	Colchian Flutter/Frog 2 Over arms to glide/Inverted Bat/Flicker	Colchian Flutter/Scissor 2 Over arms to glide/Inverted Bat/Flicker	Colchian Frog/Scissor 2 Over arms to glide/Inverted Bat/Flicker	Colchian Dolphin/Scissor 2 Over arms to glide/Inverted Bat/Flicker	Colchian Dophin/Flutter 2 Over arms to glide/Inverted Bat/Flicker
Turtoise/Inveted Bat/Flicker	Colchian Flutter/Frog Turtoise/Inveted Bat/Flicker	Colchian Flutter/Scissor Turtoise/Inveted Bat/Flicker	Colchian Frog/Scissor Turtoise/Inveted Bat/Flicker	Colchian Dolphin/Scissor Turtoise/Inveted Bat/Flicker	Colchian Dophin/Flutter Turtoise/Inveted Bat/Flicker
Turtoise/Inveted Bat/Float	Colchian Flutter/Frog Turtoise/Inveted Bat/Float	Colchian Flutter/Scissor Turtoise/Inveted Bat/Float	Colchian Frog/Scissor Turtoise/Inveted Bat/Float	Colchian Dolphin/Scissor Turtoise/Inveted Bat/Float	Colchian Dophin/Flutter Turtoise/Inveted Bat/Float

Composite V In III-In II	In II	2 Over Arms Glide Flutter/Frog 2 Over Arms Glide Flutter/Scissor	2 Over Arms Glide Flutter/Scissor 2 Arms Lead Flutter/Frog	2 Over Arms Glide Flutter/Scissor 2 Arm Lead Frog/Scissor	2 Arms Lead Flutter/Frog 2 Arms Lead Dolphin/Flutter	2 Arm Lead Frog/Scissor 2 Arms Lead Dolphin/Flutter	2 Arms Lead Dolphin/Flutter 1 Arm Lead Flutter/Frog	2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Frog	2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Dolphin	2 Arms Lead Dolphin/Flutter 1 Arms Lead Dolphin/Flutter
Float In III										
Turtle/Invetd Bat/Flicker		2 Over Arms Glide Flutter/Frog 2 Over Arms Glide Flutter/Scissor Turtle/Invetd Bat/Flicker	2 Over Arms Glide Flutter/Scissor 2 Arms Lead Flutter/Frog Turtle/Invetd Bat/Flicker	2 Over Arms Glide Flutter/Scissor 2 Arm Lead Frog/Scissor Turtle/Invetd Bat/Flicker	2 Arms Lead Flutter/Frog 2 Arms Lead Dolphin/Flutter Turtle/Invetd Bat/Flicker	2 Arm Lead Frog/Scissor 2 Arms Lead Dolphin/Flutter Turtle/Invetd Bat/Flicker	2 Arms Lead Dolphin/Flutter 1 Arm Lead Flutter/Frog Turtle/Invetd Bat/Flicker	2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Frog Turtle/Invetd Bat/Flicker	2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Dolphin Turtle/Invetd Bat/Flicker	2 Arms Lead Dolphin/Flutter 1 Arms Lead Dolphin/Flutter Turtle/Invetd Bat/Flicker
Turtle/Invetd Bat/Float		2 Over Arms Glide Flutter/Frog 2 Over Arms Glide Flutter/Scissor	2 Over Arms Glide Flutter/Scissor 2 Arms Lead Flutter/Frog	2 Over Arms Glide Flutter/Scissor 2 Arm Lead Frog/Scissor	2 Arms Lead Flutter/Frog 2 Arms Lead Dolphin/Flutter	2 Arm Lead Frog/Scissor 2 Arms Lead Dolphin/Flutter	2 Arms Lead Dolphin/Flutter 1 Arm Lead Flutter/Frog	2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Frog	2 Arms Lead Flutter/Frog 1 Arm Lead Flutter/Dolphin	2 Arms Lead Dolphin/Flutter 1 Arms Lead Dolphin/Flutter

[illegible]